

Anaphylaxis/Epinephrine Auto-Injector

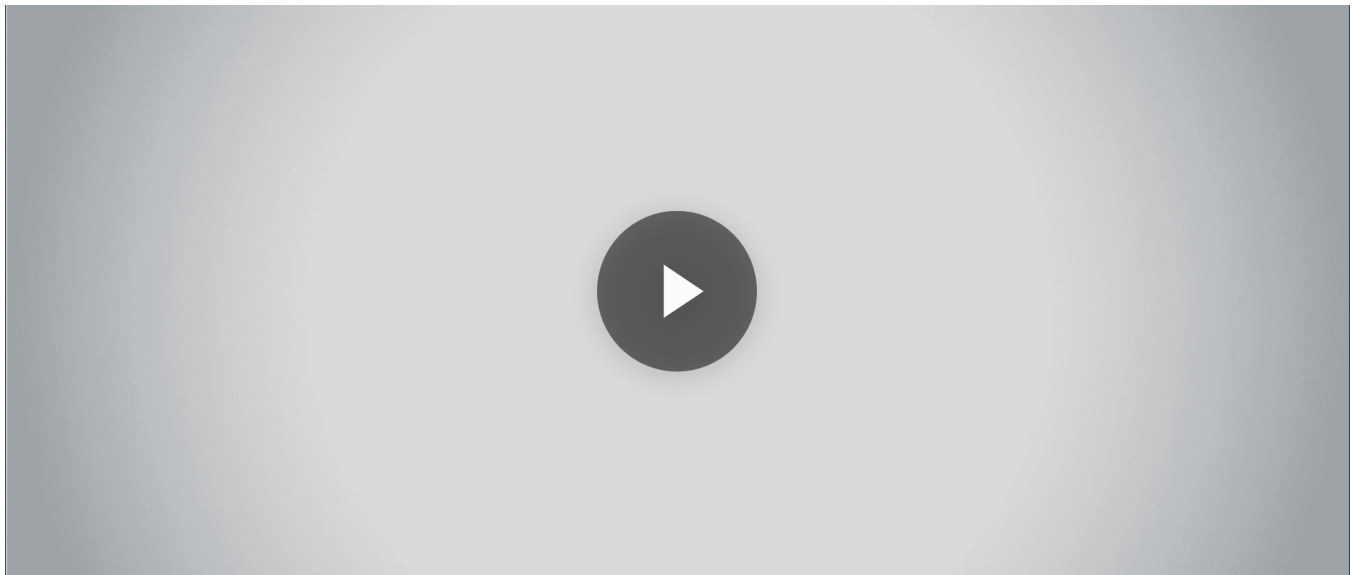
- Introduction to Anaphylaxis
- Preventing Anaphylaxis at School
- Understanding Epinephrine
- Recognizing and Responding to Anaphylaxis
- Follow-Up and Key Takeaways
-  Knowledge Check
- Conclusion

Introduction to Anaphylaxis



Click on the ► play button to listen. As you listen, continue scrolling to follow along with the content the speaker is discussing.

What is Anaphylaxis?



Why Anaphylaxis Matters?

Anaphylaxis in Canada:

- Over 3 million Canadians live with food allergies

- More than 600,000 Canadian children are affected
- Approximately 3 students in every classroom of 30 may have a food allergy
- Food allergy-related emergency visits occur regularly across Canada

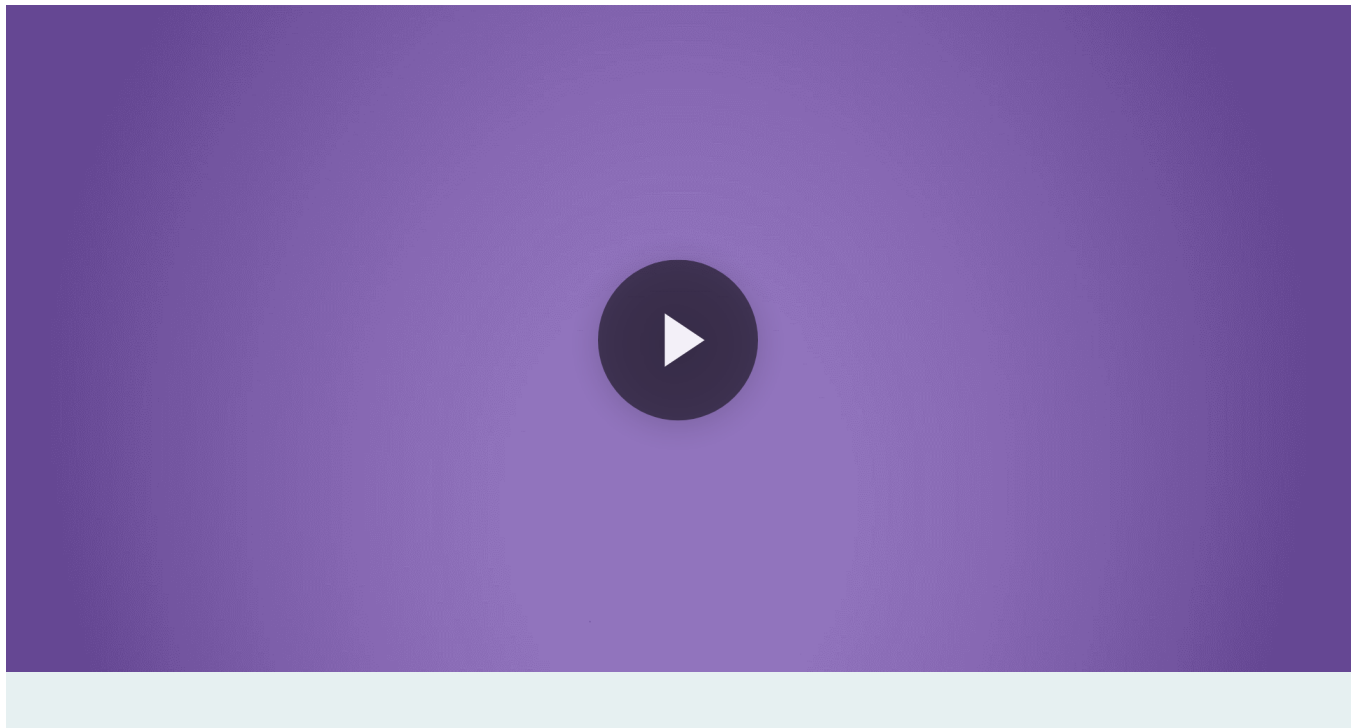
Students with food allergies and uncontrolled asthma are at greater risk of severe reactions.

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Preventing Anaphylaxis at School

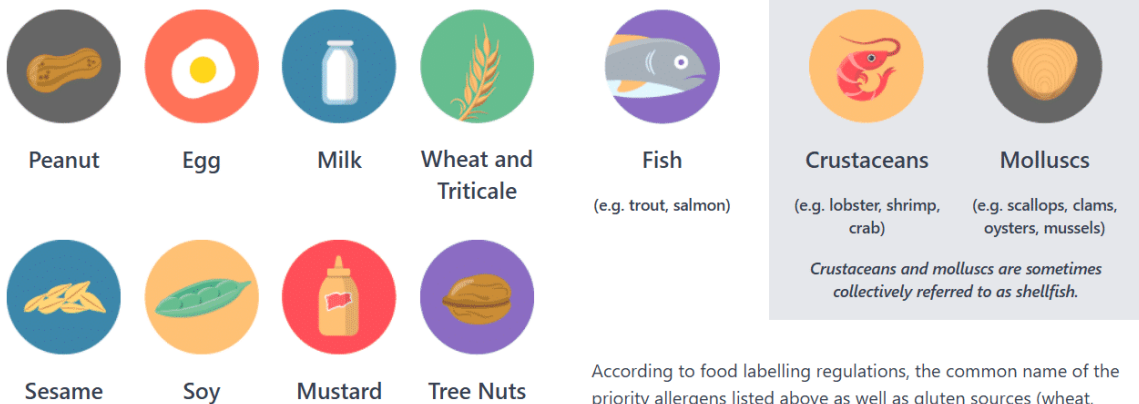
What Causes Anaphylaxis?

An allergen is any substance that can cause an allergic reaction. It's typically a type of protein.



Click on the ► play button to listen. As you listen, continue scrolling to follow along with the content the speaker is discussing.

Priority Food Allergens in Canada



Tree nuts include: almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, walnuts.

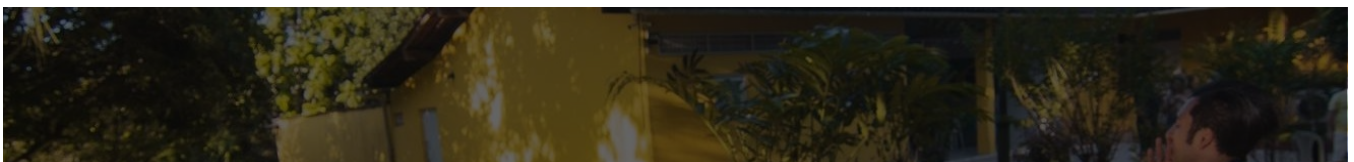
According to food labelling regulations, the common name of the priority allergens listed above as well as gluten sources (wheat, triticale, barley, rye, oats) and added sulphites must be included on a food label.

Remember that other foods can also cause anaphylaxis, but the ones listed here are the most common.

Reducing Risk at School

Everyday prevention strategies include:

- No sharing food, drinks, utensils, or containers
- Handwashing before and after eating
- Supervision during snacks and meals
- Cleaning eating surfaces regularly
- Allergen-aware classroom practices
- Planning for field trips and special events





The Student Plan of Care

Every student at risk should have a Plan of Care. The plan identifies:

- Known allergens
- Prevention strategies
- Daily management routines
- Emergency symptoms
- Emergency response procedures
- Medication locations
- Staff responsibilities

Know the plan before an emergency occurs.

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Understanding Epinephrine



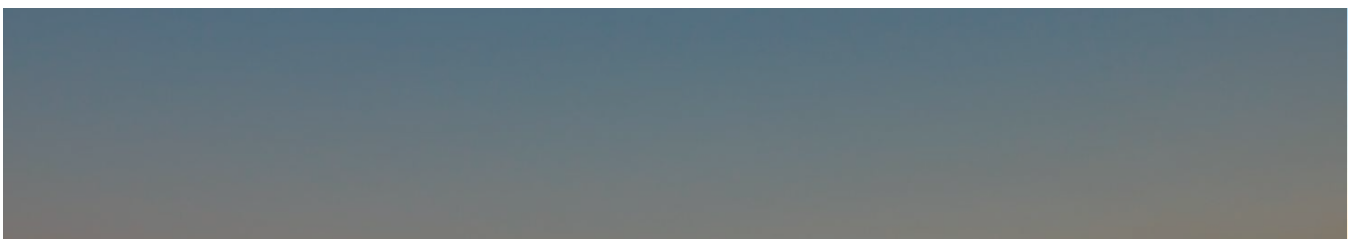
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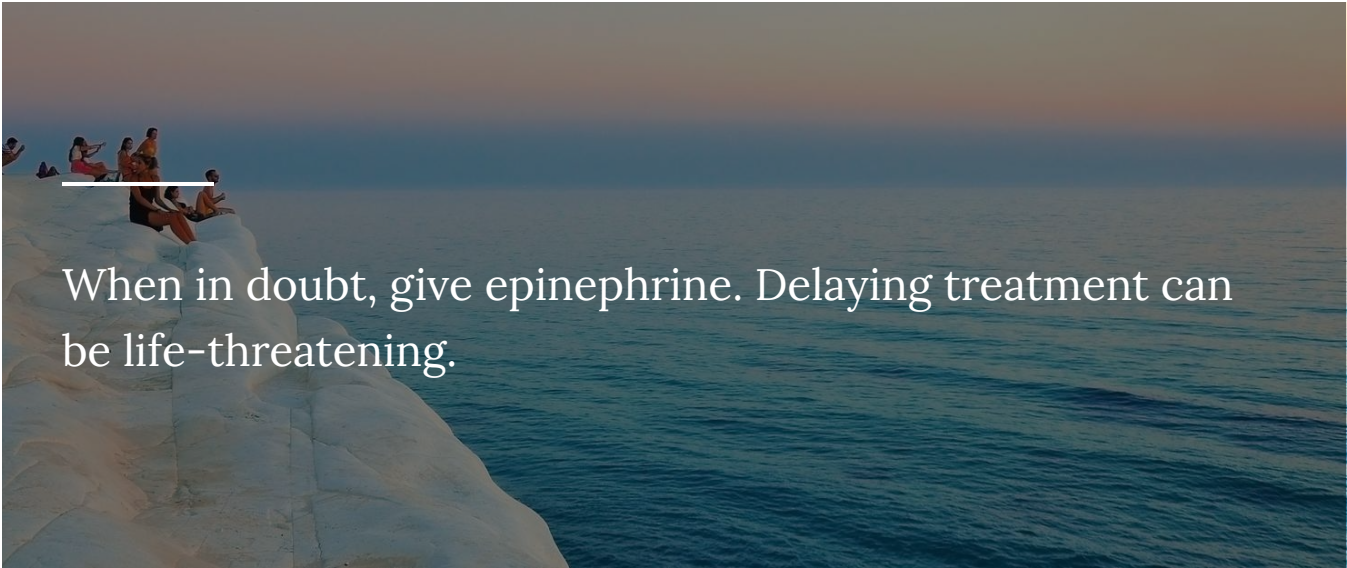
What is Epinephrine?

- Epinephrine (adrenaline) is the only treatment for anaphylaxis.
- It works quickly to stop a severe allergic reaction.

How Does It Help?

- Opens the airways to make breathing easier.
- Improves blood pressure.
- Helps reverse symptoms of anaphylaxis.





When in doubt, give epinephrine. Delaying treatment can be life-threatening.

What are the Epinephrine Devices? How is it Used?

There are currently two epinephrine devices available in Canada for treating anaphylaxis:
EpiPen® auto-injector and **neffy® nasal spray**.

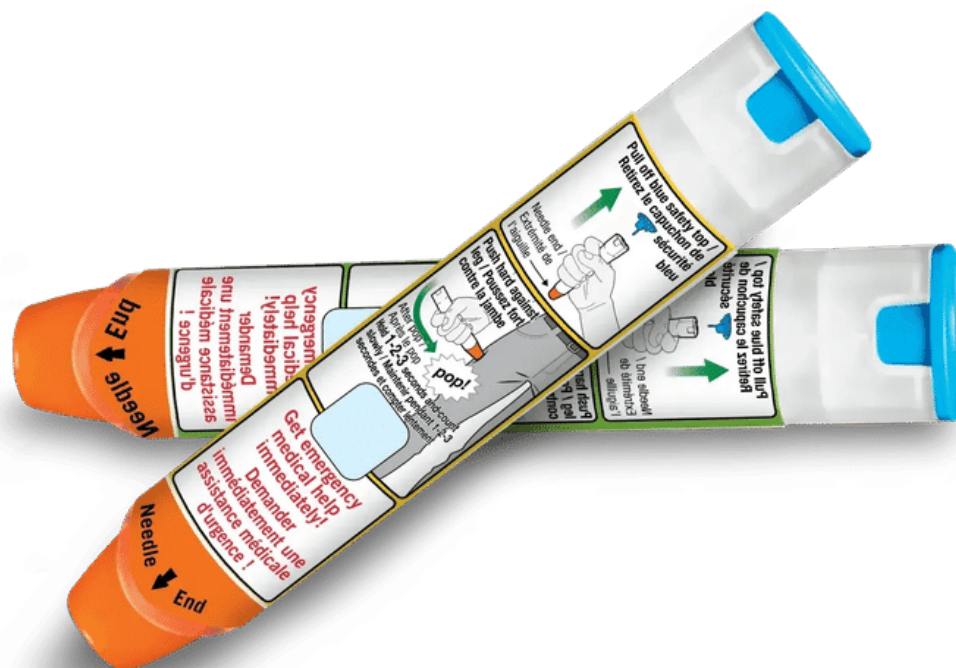
EPIPEN® EPINEPHRINE AUTO-INJECTOR

NEFFY® EPINEPHRINE NASAL SPRAY

Step-by-Step Instructions:

- Grasp the EpiPen® with the orange tip pointing downward. Remember the saying “Blue to the sky, orange to the thigh.”
- Remove the blue safety cap by pulling it straight up. Do not bend or twist.
- Press the orange tip firmly against the mid-outer thigh until it activates (when you hear a “pop.”).
- Hold in place for three seconds, counting slowly (EpiPen®, 2025).

Video instructions for EpiPen® administration are available at [epipen.ca](https://www.epipen.ca).



EPIPEN® EPINEPHRINE AUTO-INJECTOR

NEFFY® EPINEPHRINE NASAL SPRAY

Step-by-Step Instructions:

- Hold the nasal spray as shown. Hold the nasal spray with your thumb on the bottom of the plunger and one finger on either side of the nozzle. Do not pull or push on the plunger and do not test or pre-spray; each nasal spray has only one dose.
- Insert the tip of the nasal spray into a nostril. Keep the nozzle straight into the nose pointed toward your forehead.
- Press plunger up firmly until it snaps up and sprays into the nostril. Do not angle the nasal spray to the inner or outer walls of the nose. Avoid sniffing during and after administration. If any liquid drips out of the nose, monitor for symptoms. You may need to give a second dose of neffy®.

Video instructions for neffy® administration are available at neffy.ca



CONTINUE

Recognizing and Responding to Anaphylaxis



Click on the ► play button to listen. As you listen, continue scrolling to follow along with the content the speaker is discussing.

Signs and Symptoms

Anaphylaxis can happen quickly and become life-threatening within minutes. Be familiar with symptoms, medications, and emergency response steps. Recognize the Signs
Anaphylaxis is a medical emergency. Common signs may include:



Heart

Feeling faint or dizzy; weak pulse; pale; blue or grey skin, lips or nails



Skin

Widespread hives or flushing; severe itching; severe swelling of face or eyes



Lungs/Throat

Shortness of breath; wheezing; coughing; difficulty talking or hoarse voice; drooling



Other

Sense of doom; confused; agitated; decreased activity



Stomach

Repetitive vomiting or diarrhea; severe abdominal pain

Respond: Action

Anaphylaxis is a medical emergency and requires an immediate response. If anaphylaxis is suspected:

- Administer epinephrine immediately.
- Call 911.
- Notify the office and emergency contacts.
- Monitor the student until emergency services arrive.
- Give a second dose if directed and symptoms continue.
- Transport to hospital.

Anaphylaxis and Asthma

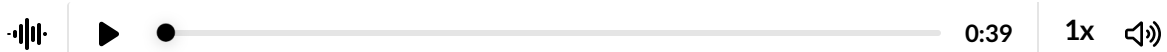
Anaphylaxis and asthma can have similar symptoms, including difficulty breathing and wheezing. Students with uncontrolled asthma are at greater risk of a severe anaphylactic reaction.

Take Action

If unsure, administer epinephrine first because epinephrine can treat anaphylaxis and may help while emergency responders are contacted.

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Follow-Up and Key Takeaways



Click on the ► play button to listen. As you listen, continue scrolling to follow along with the content the speaker is discussing.

After an emergency

- Document the incident
- Communicate with parent(s)/guardian(s)
- Debrief with staff
- Review the Plan of Care
- Ensure medications are replaced
- Support the student's emotional well-being



To effectively manage severe allergic reactions, remember that prevention matters and you must know each student's Plan of Care. By recognizing symptoms early, you can administer

epinephrine immediately and call emergency services without delay.

CONTINUE

Knowledge Check

Question

01/02

Which of the following actions are recommended to help manage and minimize exposure to allergens in a school setting?

Select all that apply.

- ☐ Make Plans of Care accessible to all relevant school staff, including occasional teachers, and review them regularly.
- ☐ Allow students to share food to promote inclusivity and camaraderie amongst classmates.
- ☐ Use non-food alternatives, such as small prizes or special activities, for class and school events.
- ☐ Only educate students with known allergies about managing exposure to allergens.
- ☐ Store epinephrine devices in a locked cabinet or drawer for safekeeping.
- ☐ Encourage handwashing before and after meals.

Question

02/02

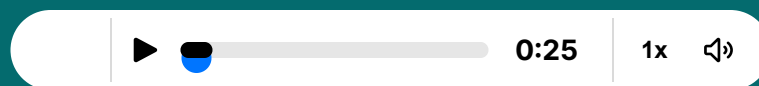
Scenario: It's just after morning snack/recess and your class is getting ready to take a science quiz. Ayana, who has a milk allergy, approaches you and mentions she's feeling itchy around her mouth and throat. She said she ate the same snack as she always does.

As you ask more questions, Ayana's breathing becomes slightly laboured, and she says her chest feels tight and that she's starting to feel light-headed. She begins to cough and seems increasingly uncomfortable.

Question: What immediate steps should you take to ensure Ayana's safety?
Select the correct answer.

- ☐ Move Ayana to a quiet area, offer her a drink of water, and monitor her symptoms closely to see if they worsen.
- ☐ Ask Ayana to sit down and wait while you get her parent(s)/guardian(s)' contact information.
- ☐ Immediately administer Ayana's epinephrine device, call 911, and stay with her until emergency personnel arrive.
- ☐ Ask Ayana questions about the snack she had.

Conclusion



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Overview



Bookmarks



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eLearning

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Content Object



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Once you have completed and understood the eLearning, click on the [Completion Declaration](#) link below. This will open up a survey that you need to agree to and Submit to complete this course.

[Completion Declaration](#)



Survey



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